



## **Day 1: Upper Body**

### **Warm-up:**

1. 5-10 minutes of cardio (e.g. treadmill, rowing machine, elliptical)
2. Dynamic stretches (e.g. arm circles, shoulder rolls, lunges)

### **Strength Training:**

1. Barbell Bench Press: 3 sets of 8-10 reps
2. Bent-over Barbell Rows: 3 sets of 8-10 reps
3. Incline Dumbbell Press: 3 sets of 10-12 reps
4. Pull-ups: 3 sets of 8-10 reps
5. Seated Dumbbell Shoulder Press: 3 sets of 10-12 reps
6. Cable Bicep Curls: 3 sets of 10-12 reps
7. Cable Tricep Extensions: 3 sets of 10-12 reps

### **Cool-down:**

1. Static stretches (e.g. chest stretch, tricep stretch, shoulder stretch)

## **Day 2: Lower Body**

### **Warm-up:**

1. 5-10 minutes of cardio (e.g. treadmill, rowing machine, elliptical)
2. Dynamic stretches (e.g. leg swings, lunges, high knees)

### **Strength Training:**

1. Barbell Squat: 3 sets of 8-10 reps
2. Deadlifts: 3 sets of 8-10 reps
3. Leg Press: 3 sets of 10-12 reps
4. Bulgarian Split Squats: 3 sets of 10-12 reps (each leg)
5. Hamstring Curls: 3 sets of 10-12 reps
6. Standing Calf Raise: 3 sets of 12-15 reps
7. Abdominal Crunches: 3 sets of 15-20 reps

### Cool-down:

1. Static stretches (e.g. hamstring stretch, quad stretch, calf stretch)

## **Day 3: Upper Body**

### Warm-up:

1. 5-10 minutes of cardio (e.g. treadmill, rowing machine, elliptical)
2. Dynamic stretches (e.g. arm circles, shoulder rolls, lunges)

### Strength Training:

1. Pull-ups: 3 sets of 8-10 reps
2. Seated Cable Rows: 3 sets of 8-10 reps
3. Incline Dumbbell Press: 3 sets of 10-12 reps
4. Barbell Military Press: 3 sets of 8-10 reps
5. Dumbbell Flyes: 3 sets of 10-12 reps
6. Cable Bicep Curls: 3 sets of 10-12 reps
7. Cable Tricep Extensions: 3 sets of 10-12 reps

### Cool-down:

- Static stretches (e.g. chest stretch, tricep stretch, shoulder stretch)

## **Day 4: Lower Body**

### Warm-up:

1. 5-10 minutes of cardio (e.g. treadmill, rowing machine, elliptical)
2. Dynamic stretches (e.g. leg swings, lunges, high knees)

### Strength Training:

1. Barbell Deadlifts: 3 sets of 8-10 reps
2. Barbell Squats: 3 sets of 8-10 reps
3. Leg Press: 3 sets of 10-12 reps
4. Walking Lunges: 3 sets of 10-12 reps (each leg)
5. Hamstring Curls: 3 sets of 10-12 reps
6. Seated Calf Raise: 3 sets of 12-15 reps
7. Abdominal Crunches: 3 sets of 15-20

### Cool-down:

1. Static stretches (e.g. hamstring stretch, quad stretch, chest stretch)

### **Notes:**

Perform the exercises in a circuit or straight set fashion, depending on your preference and fitness level.

Increase the weight or reps every week to ensure progressive overload.

Rest for 60-90 seconds between sets and exercises.

Use proper form and technique to avoid injury.

Incorporate other exercises or variations to prevent boredom and stimulate muscle growth.

Eat a balanced diet and get adequate rest and recovery to optimize muscle building.